

# Campolindo High School

# COUGAR CROSS COUNTRY

## 2016

## DAL League Results

### 9-28-16 DAL Center Meet

Hidden Valley Park, Martinez

#### VARSIITY BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra 50  
Campolindo 15, Berean Christian 49  
Campolindo 21, Clayton Valley 40  
Campolindo 15, College Park 50  
Campolindo 15, Concord 50  
Campolindo 19, Las Lomas 43  
Campolindo 19, Miramonte 44  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 19, Northgate 42  
Campolindo 15, Ygnacio Valley 50

#### VARSIITY GIRLS

Campolindo 15, Acalanes 42  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 20, Clayton Valley 35  
Campolindo 27, College Park 27  
Campolindo 18, Concord 38  
Campolindo 23, Las Lomas 32  
Campolindo 26, Miramonte 29  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 18, Northgate 37  
Campolindo 15, Ygnacio Valley 44

#### JUNIOR VARSITY BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 50  
Campolindo 16, College Park 47  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte Inc.  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 49  
Campolind 15, Ygnacio Valley 50

#### JUNIOR VARSITY GIRLS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 45  
College Park 26, Campolindo 29  
Campolindo 15, Concord 50  
Campolindo 17, Las Lomas 42  
Campolindo 20, Miramonte 43  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 50  
Campolindo 15, Ygnacio Valley 50

#### FROSH SOPH BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 50  
Campolind 16, College Park 47  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 49  
Campolindo 15, Ygnacio Valley 50

#### FROSH SOPH GIRLS

Campolindo 15, Acalanes Inc.  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 17, Clayton Valley 46  
Campolindo 15, College Park 50  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas 46  
Campolindo 17, Miramonte 40  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 23, Northgate 36  
Campolindo 15, Ygnacio Valley Inc.

### 10-26-16 DAL Center Meet

Newhall Park, Concord

#### VARSIITY BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra 50  
Campolindo 15, Berean Christian 50  
Campolindo 18, Clayton Valley 44  
Campolindo 15, College Park 48  
Campolindo 15, Concord 50  
Campolindo 19, Las Lomas 41  
Campolindo 22, Miramonte 37  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 19, Northgate 42  
Campolindo 15, Ygnacio Valley 50

#### VARSIITY GIRLS

Campolindo 15, Acalanes Inc.  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 18, Clayton Valley 44  
Campolindo 19, College Park 39  
Campolindo 18, Concord 45  
Campolindo 19, Las Lomas 39  
Campolindo 21, Miramonte 38  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 18, Northgate 41  
Campolindo 15, Ygnacio Valley 50

#### JUNIOR VARSITY BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 48  
Campolindo 16, College Park 47  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo 50  
Campolindo 20, Northgate 43  
Campolindo 15, Ygnacio Valley 50

#### JUNIOR VARSITY GIRLS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 49  
College Park 21, Campolindo 35  
Campolindo 15, Concord 50  
Campolindo 25, Las Lomas 35  
Campolindo 16, Miramonte 47  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 20, Northgate 42  
Campolindo 15, Ygnacio Valley 50

#### FROSH SOPH BOYS

Campolindo 17, Acalanes 42  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian 50  
Campolindo 15, Clayton Valley 48  
Campolindo 27, College Park 28  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 44  
Campolindo 17, Miramonte 44  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 16, Northgate 42  
Campolindo 16, Ygnacio Valley 44

#### FROSH SOPH GIRLS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 23, Clayton Valley 38  
Campolindo 15, College Park 50  
Campolindo 15, Concord Inc.  
Campolindo 19, Las Lomas 40  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Northgate 27, Campolindo 30  
Campolindo 15, Ygnacio Valley Inc.

### 11-5-16 DAL CHAMPS

Hidden Valley Park, Martinez

Varsity Boys 34 – 1st Place  
Varsity Girls 41 – 1st Place  
Junior Var Boys 19 – 1st Place  
Junior Var Girls 50 – 2nd Place  
Frosh Soph Boys 23 – 1st Place  
Frosh Soph Girls 27 – 1st Place

### DAL FINAL STANDINGS

Varsity Boys: Champions!  
Varsity Girls: Champions!  
Junior Var Boys: Champions!  
Junior Var Girls: Runners up  
Frosh Soph Boys: Champions!  
Frosh Soph Girls: Champions!

### NCS RESULTS

Varsity Boys: D3 Champions!  
Varsity Girls: D3 Champions!

### CIF RESULTS

Varsity Boys: D3 3rd Place: Podium!  
Varsity Girls: D3 6th Place.

### "ALL-LEAGUE" SELECTIONS

#### VARSIITY BOYS:

**Jared Yabu, Ray Diaz, Richard Gong, Niki Moore, Kyle Flett, Ethan Sauerberg, Navid Boozarpour**

#### VARSIITY GIRLS:

**Hannah Ruane, Isabella Chao, Jenna Miles, Jessie Foxworthy, Savannah Hilton**

#### JUNIOR VAR BOYS:

**Andrew Tseng, Timothy Sams, Thibault Gourlin, Nick Wolford, Dylan Hoover, Jeremy Ahn, Casey Chambers**

#### JUNIOR VAR GIRLS:

**Emma Van De Wyngaerde, Remy Moran, Claire Cimino**

#### FROSH SOPH BOYS:

**Colin Lekki, Edward Buckley, Cameron Iniguez-Reyes, Pablo Nguyen, Charlie Woidat**

#### FROSH SOPH GIRLS:

**Paloma Hancock, Chloe Guthrie, Ellie Guthrie, Sarah Naughten**